

NATIONAL CHECK ON YOUR FRIEND DAY | FEB 20TH

We invite restaurants and businesses to participate in National Friend Check-In Day by encouraging connection through shared experiences, food, and simple acts of care.

Businesses can offer small promotions or experiences that invite friends to come together and check in with one another.

[Read more >>](#)

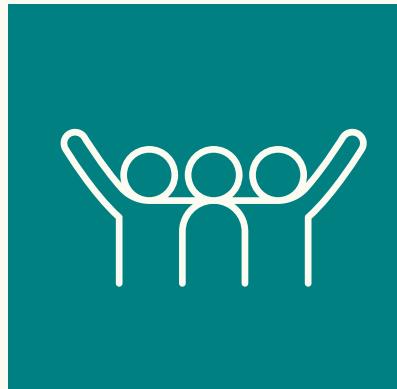




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A group of diverse young people are outdoors, smiling and laughing together. They are wearing casual clothing like hoodies and backpacks. A vertical teal line runs down the center of the image.

ABOUT THE DAY

National Friend Check-In Day is a reminder **to pause and intentionally connect with the people who matter to us**. It encourages individuals and communities **to reach out, listen, and show care through simple acts of friendship**.



OUR PURPOSE

- Encourage friendship and connection in everyday spaces
- Support National Friend Check-In Day through community and business participation
- Create simple, meaningful moments for friends to spend time together
- Increase awareness through in-store and social media promotion



Ways Businesses Can Participate

Businesses may choose one or more of the following:

Special Offers / Promotions

Examples:

- BOGO (Buy One, Get One Free) for friends
- “Bring a Friend” discount
- Free “add-on” when dining with a friend
- Group bundle or shared menu item
- Complimentary dessert or drink for friends



How to Promote Your Participation

IN-STORE

- **Display the National Friend Check-In Day badge**
- **Add a short note at the counter or menu:**
- **“Celebrate National Friend Check-In Day – bring a friend.”**



ONLINE / SOCIAL MEDIA



- **Share a post announcing your special or offers**
- **Encourage customers to come with a friend on February 20th**
- **Tag @NationalFriendCheckIn**
- **Use #FriendCheckIn**

Social Media Post Ideas (For Businesses)

Good food is better with friends. Join us this National Friend Check-In Day and bring someone you care about. #FriendCheckIn @NationalFriendCheckIn ”



“Checking in is better over coffee. Celebrate National Friend Check-In Day with us on February 20th #FriendCheckIn”



“Buy one, share one. Celebrate friendship this National Friend Check-In Day. #FriendCheckIn”



“Friendship is meant to be shared. Celebrate National Friend Check-In Day with a friend on February 20th #FriendCheckIn @NationalFriendCheckIn ”

Use of Badge & Graphics

BUSINESSES MAY:

- USE THE NATIONAL FRIEND CHECK-IN DAY BADGE ON SOCIAL POSTS
- ADD IT TO STORIES, FLYERS, OR DIGITAL MENUS
- INCLUDE IT ALONGSIDE PROMOTION ANNOUNCEMENTS

Thank you for supporting National Friend Check-In Day.

Your participation helps create spaces where connection, care, and friendship are celebrated.

